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Food and
Consumer
Service

Mountain Plains
Region

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Denver, CO
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Reply to
Attn. of: SP 98-06

Subject: Salad/Theme Bars

To: STATE AGENCY DIRECTORS - Colorado ED, Iowa,
(Child Nutrition Programs) Kansas, Missouri ED,
Montana OPI, Nebraska ED,
North Dakota, South Dakota,
Utah and Wyoming ED

Please find attached information on salad/theme bars. This information is provided to assist state agency personnel and school food authorities when completing nutrient analyses. This information is by no means the only way to approach nutrient analysis when food bars are offered to students; but it does answer questions that may arise in the course of School Meals Initiative reviews.

If you have any questions, please contact Jo Ellen Collin at (303) 844-0355.

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Regional Director
Child Nutrition Programs

Attachment

cc: Colorado Health, Montana Health, Missouri Health,
Wyoming Health

Salad/Theme

Bars

**Mountain Plains Region
December 1997**

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SALAD/THEME BARS

Salad/theme bars are a reality in schools. There are many different types of food bars and the set-up depends on the school and its resources; however, no matter what the set-up or type of food bar, it is imperative that students and staff (particularly the cashier) know what the various options are for meal selection. Students and cashiers will need to know exactly what can be purchased for the unit price and what can be refused. In addition, students and cashiers will also need to know what items have been designated “entrees” under Nutrient Standard Menu Planning (NSMP) and the requirement that one entree must be selected in order for the meal to be reimbursable. And of course, students and cashiers will need to understand the Offer vs. Serve (OVS) concept under NSMP and either of the food-based menu planning options (Enhanced or Traditional).

Offer vs. Serve

This section is included to provide basic information on OVS before getting into more detail with food bars.

Offer vs. Serve is required for all high schools. It is optional for all other grades.

Nutrient Standard Menu Planning

- Three items at a minimum must be offered. The entree must always be selected.
 1. Entree
 2. Menu Item
 3. Milk
- When three items are offered, only one (menu item or milk) may be refused under OVS.
- When more than three items are offered, a maximum of two may be refused, excluding the entree since it must always be selected.

Food-Based Menu Planning (Enhanced or Traditional)

- Five items must be offered.
 1. Meat/Meat Alternate
 2. Fruit/Vegetable
 3. Fruit/Vegetable
 4. Breads/Grains (Enhanced) or Bread/Bread Alternate (Traditional)
 5. Milk
- A maximum of two items may be refused.

Food Bars as Recipes

Salad bars and theme bars are to be treated as recipes for purposes of nutrient analyses. The amount of each ingredient offered on the food bar is to be documented along with the number of servings selected from the food bar. The total number of servings would be the number of students expected to choose the salad bar for one or more of their lunch selections. Even though

actual serving sizes may vary due to the self-service nature of salad bars, the computer software will average the nutrients consumed by each student.

Recipes for food bars are completed in the same manner by schools using either NSMP or one of the food-based menu planning options. When preparing recipes for food bars, remember the following:

- The number of servings the recipe produces or yields should be representative of the total planned servings to be offered to customers for student meals, adult meals and a la carte sales.
- Determine the amount of each of the food ingredients for the recipe using the following steps.
 1. Identify the amount of each ingredient placed on the food bar on a typical school day (the amounts placed on the food bar at the beginning of the meal service plus any additions to the bar during the meal service).
 2. Determine the amount of each ingredient left over on the food bar at the end of the meal service.
 3. Subtract the amount left over from the amount placed on the food bar for each ingredient to determine the amount of each ingredient to enter for the recipe.

Once the recipe has been prepared and entered into the database, it can be used in analyzing a menu. The number of servings entered into the menu for nutrient analysis would be the estimated number of students and others who are expected to make selections from the food bar. Estimations are made based on history. Prior production records are utilized to determine the trends of student selections.

A separate recipe should be prepared for each variation of the food bar. For example, if you rotate two salad bars, one that features iceberg lettuce and another that features spinach, two separate recipes would need to be prepared. If other ingredients vary, each separate combination would need a separate recipe.

There may be more than one way to achieve an accurate analysis when analyzing salad/theme bars offered to students. The bottom line is that the nutrient analysis must be accurate. If the method used to analyze the menu yields an accurate analysis, it is acceptable.

NSMP and Food Bars

Food bars may be offered as an entree, other menu item, or the complete meal. If the food bar is offered as an entree to students, there is no hard and fast rule regarding what must be taken from the food bar in order for the meal to be reimbursable. It is up to the menu planner to determine what must be taken. However, state agencies or school food authorities may elect to further define these entree selections from food bars at their discretion.

Since food bars typically contain a variety of foods, students should be encouraged to take a variety of foods from the food bar. In addition, students should be encouraged to at least take the item featured on the food bar (i.e., baked potato, taco, sandwich, etc.). In cases where the food bar is offered as an entire meal, the cashier and students would need to know which items are entrees and the requirement that an entree must be taken. For example, the food bar could be set up as described below:

Entree (choose 1) –	Sandwich Bar Chef Salad with Breadstick
Menu Item (choose up to 2) –	Fresh Apple Sliced Peaches Potato Salad
Menu Item (choose up to 1) –	Oatmeal Raisin Cookie Brownie
Milk	

Summary of Example: Since there are a total of 5 menu items offered, each student must select at least 3 items in order for the meal to be reimbursable. Each student must either take a sandwich or the chef's salad with breadstick. Each student would also select at least two other items – choosing from the other menu item selections and milk. There are a variety of ways this menu can be communicated to students. The important point is that students need to know and understand their choices.

If the food bar is offered as another menu item under NSMP, the same general principle would apply in that students should be encouraged to take a variety of items.

The number of menu items offered must be determined by the menu planner in order to determine the number of menu items that must be taken by a student for the meal to be reimbursable under OVS. For example, if a school offers the food bar as the entire meal, the question must be answered as to how many items are being offered to the student. In the example below, six items are offered to students. Each student must take an entree selection of either a Tossed Salad or Cottage Cheese or Yogurt. A total of four selections must be taken from the items offered. The example is by no means the way a food bar must be set up when it offers the entire meal. The menu planner determines the menu and choices. It is up to the reviewer to determine if reimbursable meals are offered and selected by students.

Example:

Salad Bar –	
Entrees – (Choose 1)	Tossed Salad Cottage Cheese Yogurt
Menu Items – (Choose up to 3)	Potato Salad Macaroni Salad Three-Bean Salad

	Pudding
	Sliced Peaches
	Fresh Apple
	Roll
Menu Item –	Cherry Cobbler
(Choose 1)	Chocolate Chip Cookie
Milk	

If for example, the food bar is the only entree offered and includes milk and one other menu item, the number of items offered is three. Since the food bar is the only entree, it must be selected by each student, and only one item (milk or menu item) may be refused. If more than a total of three menu items are offered, the maximum number of items that may be declined by a student is two.

Food-Based Menu Planning and Food Bars

Recipes are critical for food bars in order for state agencies to conduct nutrient analysis. Under either of the food-based menu planning options (Enhanced or Traditional), the proper number of food items must be on each student's plate in order for the meal to be reimbursable.

Offer vs. Serve with the food-based menu planning options is the same as it has been handled in the past. See the OVS Guidance for more information.

Monitoring

The monitoring of food bars depends on which type of menu planning option has been chosen by the school. It will also depend on the meal that has been planned.

NSMP/Assisted NSMP:

A nutrient analysis must be conducted by the school/contractor if it is using NSMP/Assisted NSMP. The nutrient analysis should reflect as accurately as possible the food being planned for each type of food bar. It is up to the reviewer to determine if the school has accurately input information for the nutrient analysis. The reviewer must also determine if the nutrient analysis does in fact depict the actual meal. The reviewer will need to determine if the food bar is offered as an entree, other menu item, or the entire meal. If it is offered as an entire meal, then the entree must be identified as explained on the previous page since each child must select an entree.

Food-based menu planning options:

Under either of the food-based menu planning options, Enhanced or Traditional, the reviewer will need to conduct a nutrient analysis if the school does not have one already on USDA-approved software. The reviewer will need to collect information for the food bar recipe using the information on page 1.

The reviewer may need to work very closely with school personnel to obtain the information needed for the food bar. This is information that schools have not had to necessarily provide in the past and personnel may not understand its importance or purpose. For example, in the past, it may have been acceptable for food production records to only contain the minimum quantities of food served in order for meals to be reimbursable. With nutrient analysis, it becomes very important to know the exact quantities planned because that affects the calories, nutrients and other dietary components when the nutrient analysis is conducted.

Example Showing Nutrient Analysis of Food Bars

A set of menus over a 1-week period using the NSMP menu planning option has been used for this example. The menus below indicate how many food items are offered which is important when implementing OVS. Each menu contains five menu items of which two may be declined under NSMP when OVS is implemented. The attachments of the nutrient analysis are explained after the menus are outlined.

9/8/97

Choose One

Taco Bar
Hamburger on a Bun

Choose up to Two

French Fries
Carrot Sticks
Lettuce & Tomato
Mixed Fruit

Choose up to One

Cherry Cobbler
Orange Rice Pudding

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/9/97

Choose One

Salad Bar
Chicken Stir Fry

Choose up to Two

Fried Rice
Mixed Vegetables
Peaches
Roll

Choose up to One

Royal Brownies
Oatmeal Raisin Cookies

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/10/97

Choose One

Baked Potato Bar
Chicken Fajitas

Choose up to Two

Mexicali Corn
Refried Beans
Lettuce & Tomato
Roll

Choose up to One

Apple Cobbler
Frozen Yogurt

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/11/97

Choose One

Pasta Bar
Nachos

Choose up to Two

Rolls
Pinto Beans
Lettuce & Tomato
Fresh Apples

Choose up to One

Peach Cobbler
Whole Wheat Sugar Cookies

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/12/97

Choose One

Sandwich Bar
Bean Burrito

Choose up to Two

Corn
Lettuce & Tomato
Applesauce
Fresh Pear

Choose up to One

Chocoleana Cake
Rice Pudding

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

ATTACHMENTS

Attachment A is a copy of the standardized recipes for each food bar and the calories and nutrients associated with each recipe.

Attachment B shows each menu item offered each day with the calories and nutrients listed for each menu item. It also shows the planned number of servings of each item for a weighted nutrient analysis. The menu summary is the last page of Attachment B and shows the nutrient analysis figures.

Attachment C shows a school week's worth of menus under the NSMP menu planning option with a different food bar featured each day. The food bar is offered as one of two entrees each day. Other menu items are offered and may be chosen by students who choose either of the entrees.

Questions & Answers Food Bars

1. If a food bar is offered as an entree under NSMP, are there certain food items that must be taken?

The food bar as a whole is the entree. Students may make their selections freely. However, we suggest that students be encouraged to choose the featured item on the food bar on any particular day. For example, if a baked potato bar is featured, the student should at least take a baked potato; if a taco bar is featured, the student should at least take a taco; etc. The remaining selections should be left to each student's discretion. The food bar offers variety and enables students to make food choices. Good judgment should be exercised at the point of service to determine if at a minimum the featured entree has been selected.

2. How does one determine the entree when it is on a salad bar?

It is up to the menu planner to determine what is the entree. The menu planner decides if the food bar as a whole is the entree or if one item on the food bar is the entree. There may be more than one item on the food bar identified as an entree. However, it is imperative that both students and cashiers know which items are entrees and the requirement that an entree must be taken in order for the meal to be reimbursable.

3. Is it acceptable to offer the food bar as an other menu item under NSMP, rather than as the entree?

Yes. The menu planner makes the determination as to how food items are defined on the menu (i.e., entree or another menu item). It is permissible to offer the food bar as an other menu item or as an entree.

USDA/FCS/MPRO

PAGE # 1

10-08-1997

002 - Taco Bar :
 NUMBER OF PORTIONS: 100
 SIZE OF PORTIONS: serving

taco meat.....	12 1/2 lbs
LETTUCE, ICEBERG, FRESH.....	5 LB
TOMATOES, FRESH, RED RIPE.....	3 LB
CHEESE, CHEDDAR, AMERICAN.....	3 3/4 LB
BEANS, REFRIED, CANNED.....	1 GALLON
SOUR CREAM.....	1/4 GALLON
AVOCADOS, RAW, ALL VARIETIES.....	2 QT, pureed
SALSA, COMMODITY.....	2 LB
TACO SHELLS, BAKED.....	200 medium 5" dia

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories....	401	Iron.....	3.87 Mg	Protein.....	19.10 G		-> Protein.....	19.04%
Cholesterol.	58 Mg	Calcium.....	217 Mg	Carbohydrate	29.77 G	PERCENT OF	-> Carbohydrates	29.68%
Sodium.....	422 Mg	Vitamin A...	184 RE	Total Fat...	23.83 G	CALORIES FROM	-> Total Fat....	53.47%
Fiber.....	6.61 G	Vitamin C...	12.3 Mg	Saturated Fat	8.90 G		-> Saturated Fat	19.96%

Denotes Missing Nutrient Values.

004 - Salad Bar :
 NUMBER OF PORTIONS: 110
 SIZE OF PORTIONS: serving

LETTUCE, ICEBERG, FRESH.....	5 LB + 8 OZ
TOMATOES, FRESH, RED RIPE.....	11 LB
CUCUMBER, NOT PARED, RAW.....	5 LB + 8 OZ
CARROTS, FRESH, RAW.....	6 LB + 9 5/8 OZ
CABBAGE, RED, FRESH, RAW.....	3 LB + 4 7/8 OZ
BEANS, KIDNEY, RED, CANNED, DRAINED.....	1 1/8 #10 CAN
MELONS, CANTALOUPE, RAW.....	11 LB
CELERY, FRESH, RAW.....	4 LB + 6 1/2 OZ
BROCCOLI, FRESH, RAW.....	2 LB + 3 1/4 OZ
MUSHROOMS, FRESH.....	3 LB + 4 7/8 OZ
SPINACH, FRESH.....	2 LB + 3 1/4 OZ
PEACHES, CANNED, LIGHT SYRUP.....	1 1/8 #10 CAN
CHEESE, COTTAGE, 1% FAT.....	2 LB + 3 1/4 OZ
TUNA, LIGHT, WATER PAK, DRAINED.....	1 1/8 CAN (66.5)
CHEESE, CHEDDAR, AMERICAN.....	7 LB + 11 1/4 OZ
SALAD DRNG, FRENCH, COMM, REG.....	27 1/2 packet
SALAD DRNG, ITALIAN, COMM, DIET.....	2 1/4 CUP + 1 5/8 TSP
SALAD DRNG, THOUSAND ISLAND, COMM, REG.....	1 1/8 CUP + 7/8 TSP
SALAD DRNG, BLUE CHEESE, COMM, REG.....	1 1/8 CUP + 7/8 TSP

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories.... 282	Iron..... 2.09 Mg	Protein..... 16.68 G	-> Protein..... 23.63%
Cholesterol.. 39 Mg	Calcium..... 294 Mg	Carbohydrate 22.22 G	-> Carbohydrates 31.49%
Sodium..... 525 Mg	Vitamin A... 1148 RE	Total Fat... 15.30 G	-> Total Fat.... 48.77%
Fiber..... 5.14 G	Vitamin C... 53.9 Mg	Saturated Fat 7.65 G	-> Saturated Fat 24.39%

* - Denotes Missing Nutrient Values.

005 - Baked Potato Bar :
 NUMBER OF PORTIONS: 75
 SIZE OF PORTIONS: serving

POTATO BAKED, FLESH & SKIN.....	60 ea. 2.33"x4.75"
SWEETPOTATOES, BAKED W/SKIN.....	15 medium
SOUR CREAM.....	1 1/2 CUP
CHIVES, FREEZE-DRIED.....	3/4 CUP
Chili.....	3/4 gallons
LETTUCE, ICEBERG, FRESH.....	1 LB + 8 OZ
TOMATOES, FRESH, RED RIPE.....	1 LB + 8 OZ
SALSA, COMMODITY.....	1 LB + 8 OZ
BUTTER, W/SALT.....	12 OZ
BROCCOLI, FRESH, RAW.....	3 LB
CHEESE, CHEDDAR, AMERICAN.....	2 LB + 4 OZ
cinnamon/sugar.....	1/2 CUP + 2 1/2 TSP
SUGAR, BROWN.....	1/2 CUP, unpacked + 2 1/2 TSP, unpacked

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories.... 363	Iron..... 3.43 Mg	Protein..... 12.15 G	-> Protein..... 13.39%
Cholesterol. 38 Mg	Calcium..... 171 Mg	Carbohydrate 52.60 G	PERCENT OF -> Carbohydrates 57.93%
Sodium..... 262 Mg	Vitamin A... 655 RE	Total Fat... 12.42 G	CALORIES FROM -> Total Fat.... 30.79%
Fiber..... 5.86 G	Vitamin C... 49.8 Mg	Saturated Fat 7.23 G	-> Saturated Fat 17.93%

* - Denotes Missing Nutrient Values.

006 - Pasta Bar :
 NUMBER OF PORTIONS: 125
 SIZE OF PORTIONS: serving

SPAGHETTI, ENRICHED, COOKED, WO/SALT.....	4 LB, dry wgt	+	6 OZ, dry wgt
NOODLES, EGG, SPINACH, COOKED, ENRICHED.....	2 LB, dry wgt	+	8 OZ, dry wgt
NOODLES, EGG, COOKED, ENRICHED.....	2 LB, raw wgt	+	8 OZ, raw wgt
MACARONI, COOKED, ENRICHED.....	1 LB, dry wgt	+	4 OZ, dry wgt
SPAGHETTI SAUCE, CANNED.....	3 3/4 #10 CAN		
BUTTER, W/SALT.....	1 LB	+	4 OZ
CHEESE, MOZZARELLA, PART SKIM.....	2 LB	+	8 OZ
CHEESE, PARMESAN, GRATED.....	1 LB	+	4 OZ
BROCCOLI, FRZ, CHOPPED, BOILED, DRAINED, W/SALT...	5 LB		
CARROTS, FRESH, RAW.....	3 3/4 CUP, grated		
MUSHROOMS, CANNED, DRAINED.....	2 LB	+	8 OZ
OLIVES, RIPE, CANNED (SML-EX LRG).....	1 LB	+	4 OZ

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories....	351		Iron.....	2.65	Mg	Protein.....	12.40	G		-> Protein.....	14.11%
Cholesterol.	40	Mg	Calcium.....	175	Mg	Carbohydrate	48.36	G	PERCENT OF	-> Carbohydrates	55.06%
Sodium.....	731	Mg	Vitamin A...	299	RE	Total Fat...	12.57	G	CALORIES FROM	-> Total Fat....	32.19%
Fiber.....	5.99	G	Vitamin C...	17.4	Mg	Saturated Fat	5.01	G		-> Saturated Fat	12.84%

007 - Sandwich Bar :
 NUMBER OF PORTIONS: 75
 SIZE OF PORTIONS: serving

TURKEY ROAST, FROZEN, LT&DK MEAT, ROASTED.....	9 LB
BEEF, CURED, PASTRAMI.....	12 OZ
HAM, DELI, 95% FAT-FREE.....	4 LB + 8 OZ
CHEESE, CHEDDAR, RED FAT-COMMOD.....	1 LB + 8 OZ
CHEESE, SWISS.....	1 LB + 8 OZ
LETTUCE, ICEBERG, FRESH.....	3 LB
TOMATOES, FRESH, RED RIPE.....	3 LB + 12 OZ
ONIONS, RED, RAW.....	1 LB + 8 OZ
PEPPERS, SWT, GREEN, RAW.....	1 LB + 8 OZ
PEPPERS, SWT, RED, RAW.....	1 LB + 8 OZ
CUCUMBER, NOT PARED, RAW.....	1 LB + 8 OZ
CARROTS, FRESH, RAW.....	1 LB + 8 OZ
MAYONNAISE.....	3 CUP
MUSTARD YELLOW PREPARED.....	6 CUP
BREAD WHOLE-WHEAT.....	2 LB + 4 OZ
BREAD WHITE.....	5 LB + 4 OZ
BREAD, CRACKED-WHEAT.....	12 OZ
ROLLS, FRENCH.....	1 LB + 8 OZ
BREAD, RYE.....	12 OZ

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories.... 460	Iron..... 3.91 Mg	Protein..... 29.98 G	-> Protein..... 26.03%
Cholesterol. 64 Mg	Calcium..... 261 Mg	Carbohydrate 39.55 G	PERCENT OF -> Carbohydrates 34.35%
Sodium..... 1553 Mg	Vitamin A... 383 RE	Total Fat... 20.44 G	CALORIES FROM -> Total Fat.... 39.94%
Fiber..... 4.01 G	Vitamin C... 32.4 Mg	Saturated Fat 5.97 G	-> Saturated Fat 11.68%

* - Denotes Missing Nutrient Values.

USDA/FCS/MPRO

Back to School - grades 9-12

10-08-1997

PAGE # 1

09/08/97 thru 09/12/97

Recipe Name	Portion Size	Plan Qty	Mg Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
MONDAY - 09/08/97														
Taco Bar	serving	100	401	58	422	6.61	3.87	217.18	184	12.33	19.10	29.77	23.83	8.90
HAMBURGER ON A BUN	SERVING	100	288	55	285	1.16	2.59	66.22	0	0.00	18.04	21.63	13.72	5.04
French Fries, oven heat, cups	.5 CUP	100	134	0	178	2.14	0.83	5.36	0	6.76	2.12	20.90	5.06	0.84
CARROT STICKS	.5 CUP	50	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.91	0.16	0.02
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	7	0	4	0.55	0.21	5.03	21	5.47	0.41	1.56	0.12	0.01
MIXED FRUIT: frozen, sweetened	.5 CUP	100	122	0	3	2.37	0.35	8.75	40	93.75	1.78	30.29	0.22	0.03
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
CHERRY COBBLER	SERVINGS	150	246	0	51	2.08	1.19	18.41	15	3.22	2.14	48.43	5.80	1.65
MAYONNAISE	svg	25	32	2	26	0.00	0.02	0.82	3	0.00	0.05	0.12	3.65	0.39
MUSTARD YELLOW PREPARED	svg	50	3	0	62	0.05	0.10	4.20	0	0.00	0.24	0.32	0.22	0.01
CATSUP	2 tbsp	75	31	0	355	0.39	0.20	5.70	30	4.52	0.44	8.20	0.12	0.01
ORANGE RICE PUDDING	.5 CUP	50	199	4	33	0.68	1.34	84.95	33	2.19	4.07	42.42	1.34	0.75

DAILY AVERAGE		200	875	65	791	9.77	5.79	469.20	906	66.72	31.39	125.93	29.23	10.45
% OF CALORIES											14.32%	57.52%	30.06%	10.75%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			104%				129%	117%	302%	348%	188%			
Shortfall from RDA's													*OVER*	*OVER*

TUESDAY - 09/09/97

Salad Bar	serving	110	282	39	525	5.14	2.09	294.93	1148	53.92	16.68	22.22	15.30	7.65
CHICKEN STIR FRY	7 OUNCES	90	230	55	463	3.36	1.62	52.92	1517	53.21	23.25	13.19	9.57	1.91
Fried Rice/lower sodium	.5 CUP	90	229	159	734	1.86	2.44	54.92	84	3.33	9.03	34.50	5.75	1.55
D VEGETABLES: frozen, boiled	.5 CUP	125	53	0	31	4.00	0.74	22.75	389	2.91	2.60	11.91	0.14	0.02
ICES, CANNED, HEAVY SYRUP	.5 CUP	75	48	0	3	0.85	0.17	1.96	21	1.83	0.30	13.06	0.06	0.00
ROLLS, WHEAT: scratch (Yeast)	EACH 2 oz.	110	171	0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
ROYAL BROWNIES	1 PIECE	25	137	0	111	1.49	0.94	22.91	0	0.19	2.28	25.48	3.84	0.84
OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	175	188	19	122	1.79	1.13	18.85	55	0.37	3.56	33.35	5.06	0.93
DAILY AVERAGE		200	829	143	1269	12.14	5.96	537.79	1791	60.25	39.25	116.29	25.21	8.61
% OF CALORIES											18.92%	56.08%	27.36%	9.34%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				132%	134%	597%	314%	235%			
Shortfall from RDA's			17											

WEDNESDAY - 09/10/97

Baked Potato Bar	serving	75	363	38	262	5.86	3.43	171.56	655	49.88	12.15	52.60	12.42	7.23
ROLLS, WHEAT: scratch (Yeast)	EACH 1 oz.	75	85	0	145	1.32	0.78	16.19	0	0.06	2.49	14.52	2.17	0.32
CHICKEN FAJITAS	1 FAJITA	125	357	54	276	2.33	2.37	64.44	40	8.13	23.89	34.58	13.79	2.55
MEXICALI CORN/lower fat	.5 CUP	150	79	2	13	2.12	0.47	6.13	36	12.76	2.48	16.88	1.57	0.67
REFRIED BEANS: canned	.5 CUP	125	118	10	377	6.69	2.09	44.24	0	7.58	6.94	19.63	1.60	0.59
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
APPLE COBBLER	SERVINGS	150	216	0	50	2.10	0.78	7.65	5	0.44	1.25	40.45	6.29	1.75
FROZEN YOGURT, VANILLA, SOFT	.5 CUP	150	57	0	31	0.00	0.10	51.48	20	0.28	1.44	8.71	2.02	1.23

Back to School - grades 9-12

09/08/97 thru 09/12/97

Recipe Name	Portion Size	Plan Qty	Mg Cals	Mg Chol	G Sodm	Mg Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
WEDNESDAY - 09/10/97 (continued)														
DAILY AVERAGE		200	873	64	773	12.61	5.93	463.42	464	43.12	36.46	131.07	25.04	9.09
% OF CALORIES											16.68%	60.00%	25.83%	9.36%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			103%				132%	116%	155%	225%	218%			

THURSDAY - 09/11/97

Pasta Bar	serving	125	351	40	731	5.99	2.65	175.75	299	17.43	12.40	48.36	12.57	5.01
ROLLS, WHEAT: scratch(Yeast)	EACH 2 oz.	125	171	0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
Nachos with Ground Beef/Lean	SERVINGS	75	303	57	581	1.77	1.51	252.81	141	1.23	15.82	15.28	20.12	9.39
PINTO BEANS: cooked	.5 CUP	75	116	0	1	7.29	2.21	40.70	0	1.78	6.96	21.75	0.44	0.09
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
APPLES, Fresh	1 EACH	150	81	0	0	3.72	0.24	9.66	6	7.86	0.26	21.04	0.50	0.08
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
PEACH COBBLER	SERVINGS	75	200	0	53	1.87	0.93	5.48	42	2.92	1.61	37.48	5.82	1.66
WHOLE WHEAT SUGAR COOKIES	1 COOKIE	75	173	14	207	2.09	0.78	29.74	75	0.06	2.81	28.22	6.18	1.08
DAILY AVERAGE		200	827	60	1095	14.18	5.40	536.74	436	23.58	29.07	125.19	25.69	9.73
% OF CALORIES											14.04%	60.52%	27.90%	10.58%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				120%	134%	146%	123%	174%			
Shortfall from RDA's			19											*OVER*

FRIDAY - 09/12/97

Sandwich Bar	serving	75	460	64	1553	4.01	3.91	261.30	383	32.42	29.98	39.55	20.44	5.97
BURRITO, BEAN	1 EACH	125	305	30	461	5.75	3.22	283.59	150	8.35	14.47	34.67	12.55	6.55
CORN: frozen, yellow	.5 CUP	125	65	0	4	1.96	0.28	3.28	18	2.54	2.26	16.04	0.36	0.05
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
APPLESAUCE, W/CINNAMON	.5 CUP	175	97	0	35	1.68	0.55	8.63	1	2.25	0.24	25.62	0.24	0.04
PEARS, FRESH	1 EACH	25	97	0	0	3.98	0.41	18.26	3	6.64	0.65	25.08	0.66	0.03
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
CHOCOLEANA CAKE	1 PIECE	150	185	0	245	1.44	1.18	73.05	0	2.05	3.78	33.28	4.95	1.02
RICE PUDDING	#12 SCOOP	50	177	35	369	0.56	1.16	87.08	51	0.77	5.18	36.43	1.15	0.38
DAILY AVERAGE		200	828	60	1320	10.64	5.91	639.81	411	27.95	33.94	128.64	22.55	8.82
% OF CALORIES											16.40%	62.12%	24.48%	9.58%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				132%	160%	137%	146%	203%			
Shortfall from RDA's			18											

COMPLETE MENU AVERAGE
% OF CALORIES

847	78	1050	11.87	5.80	529.39	802	44.32	34.02	125.42	25.54	9.34
								16.08%	59.24%	27.18%	9.93%

Salad/Theme

Bars

**Mountain Plains Region
December 1997**

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SALAD/THEME BARS

Salad/theme bars are a reality in schools. There are many different types of food bars and the set-up depends on the school and its resources; however, no matter what the set-up or type of food bar, it is imperative that students and staff (particularly the cashier) know what the various options are for meal selection. Students and cashiers will need to know exactly what can be purchased for the unit price and what can be refused. In addition, students and cashiers will also need to know what items have been designated “entrees” under Nutrient Standard Menu Planning (NSMP) and the requirement that one entree must be selected in order for the meal to be reimbursable. And of course, students and cashiers will need to understand the Offer vs. Serve (OVS) concept under NSMP and either of the food-based menu planning options (Enhanced or Traditional).

Offer vs. Serve

This section is included to provide basic information on OVS before getting into more detail with food bars.

Offer vs. Serve is required for all high schools. It is optional for all other grades.

Nutrient Standard Menu Planning

- Three items at a minimum must be offered. The entree must always be selected.
 1. Entree
 2. Menu Item
 3. Milk
- When three items are offered, only one (menu item or milk) may be refused under OVS.
- When more than three items are offered, a maximum of two may be refused, excluding the entree since it must always be selected.

Food-Based Menu Planning (Enhanced or Traditional)

- Five items must be offered.
 1. Meat/Meat Alternate
 2. Fruit/Vegetable
 3. Fruit/Vegetable
 4. Breads/Grains (Enhanced) or Bread/Bread Alternate (Traditional)
 5. Milk
- A maximum of two items may be refused.

Food Bars as Recipes

Salad bars and theme bars are to be treated as recipes for purposes of nutrient analyses. The amount of each ingredient offered on the food bar is to be documented along with the number of servings selected from the food bar. The total number of servings would be the number of students expected to choose the salad bar for one or more of their lunch selections. Even though

actual serving sizes may vary due to the self-service nature of salad bars, the computer software will average the nutrients consumed by each student.

Recipes for food bars are completed in the same manner by schools using either NSMP or one of the food-based menu planning options. When preparing recipes for food bars, remember the following:

- The number of servings the recipe produces or yields should be representative of the total planned servings to be offered to customers for student meals, adult meals and a la carte sales.
- Determine the amount of each of the food ingredients for the recipe using the following steps.
 1. Identify the amount of each ingredient placed on the food bar on a typical school day (the amounts placed on the food bar at the beginning of the meal service plus any additions to the bar during the meal service).
 2. Determine the amount of each ingredient left over on the food bar at the end of the meal service.
 3. Subtract the amount left over from the amount placed on the food bar for each ingredient to determine the amount of each ingredient to enter for the recipe.

Once the recipe has been prepared and entered into the database, it can be used in analyzing a menu. The number of servings entered into the menu for nutrient analysis would be the estimated number of students and others who are expected to make selections from the food bar. Estimations are made based on history. Prior production records are utilized to determine the trends of student selections.

A separate recipe should be prepared for each variation of the food bar. For example, if you rotate two salad bars, one that features iceberg lettuce and another that features spinach, two separate recipes would need to be prepared. If other ingredients vary, each separate combination would need a separate recipe.

There may be more than one way to achieve an accurate analysis when analyzing salad/theme bars offered to students. The bottom line is that the nutrient analysis must be accurate. If the method used to analyze the menu yields an accurate analysis, it is acceptable.

NSMP and Food Bars

Food bars may be offered as an entree, other menu item, or the complete meal. If the food bar is offered as an entree to students, there is no hard and fast rule regarding what must be taken from the food bar in order for the meal to be reimbursable. It is up to the menu planner to determine what must be taken. However, state agencies or school food authorities may elect to further define these entree selections from food bars at their discretion.

Since food bars typically contain a variety of foods, students should be encouraged to take a variety of foods from the food bar. In addition, students should be encouraged to at least take the item featured on the food bar (i.e., baked potato, taco, sandwich, etc.). In cases where the food bar is offered as an entire meal, the cashier and students would need to know which items are entrees and the requirement that an entree must be taken. For example, the food bar could be set up as described below:

Entree (choose 1) –	Sandwich Bar Chef Salad with Breadstick
Menu Item (choose up to 2) –	Fresh Apple Sliced Peaches Potato Salad
Menu Item (choose up to 1) –	Oatmeal Raisin Cookie Brownie
Milk	

Summary of Example: Since there are a total of 5 menu items offered, each student must select at least 3 items in order for the meal to be reimbursable. Each student must either take a sandwich or the chef's salad with breadstick. Each student would also select at least two other items – choosing from the other menu item selections and milk. There are a variety of ways this menu can be communicated to students. The important point is that students need to know and understand their choices.

If the food bar is offered as another menu item under NSMP, the same general principle would apply in that students should be encouraged to take a variety of items.

The number of menu items offered must be determined by the menu planner in order to determine the number of menu items that must be taken by a student for the meal to be reimbursable under OVS. For example, if a school offers the food bar as the entire meal, the question must be answered as to how many items are being offered to the student. In the example below, six items are offered to students. Each student must take an entree selection of either a Tossed Salad or Cottage Cheese or Yogurt. A total of four selections must be taken from the items offered. The example is by no means the way a food bar must be set up when it offers the entire meal. The menu planner determines the menu and choices. It is up to the reviewer to determine if reimbursable meals are offered and selected by students.

Example:

Salad Bar –	
Entrees – (Choose 1)	Tossed Salad Cottage Cheese Yogurt
Menu Items – (Choose up to 3)	Potato Salad Macaroni Salad Three-Bean Salad

	Pudding
	Sliced Peaches
	Fresh Apple
	Roll
Menu Item –	Cherry Cobbler
(Choose 1)	Chocolate Chip Cookie
Milk	

If for example, the food bar is the only entree offered and includes milk and one other menu item, the number of items offered is three. Since the food bar is the only entree, it must be selected by each student, and only one item (milk or menu item) may be refused. If more than a total of three menu items are offered, the maximum number of items that may be declined by a student is two.

Food-Based Menu Planning and Food Bars

Recipes are critical for food bars in order for state agencies to conduct nutrient analysis. Under either of the food-based menu planning options (Enhanced or Traditional), the proper number of food items must be on each student's plate in order for the meal to be reimbursable.

Offer vs. Serve with the food-based menu planning options is the same as it has been handled in the past. See the OVS Guidance for more information.

Monitoring

The monitoring of food bars depends on which type of menu planning option has been chosen by the school. It will also depend on the meal that has been planned.

NSMP/Assisted NSMP:

A nutrient analysis must be conducted by the school/contractor if it is using NSMP/Assisted NSMP. The nutrient analysis should reflect as accurately as possible the food being planned for each type of food bar. It is up to the reviewer to determine if the school has accurately input information for the nutrient analysis. The reviewer must also determine if the nutrient analysis does in fact depict the actual meal. The reviewer will need to determine if the food bar is offered as an entree, other menu item, or the entire meal. If it is offered as an entire meal, then the entree must be identified as explained on the previous page since each child must select an entree.

Food-based menu planning options:

Under either of the food-based menu planning options, Enhanced or Traditional, the reviewer will need to conduct a nutrient analysis if the school does not have one already on USDA-approved software. The reviewer will need to collect information for the food bar recipe using the information on page 1.

The reviewer may need to work very closely with school personnel to obtain the information needed for the food bar. This is information that schools have not had to necessarily provide in the past and personnel may not understand its importance or purpose. For example, in the past, it may have been acceptable for food production records to only contain the minimum quantities of food served in order for meals to be reimbursable. With nutrient analysis, it becomes very important to know the exact quantities planned because that affects the calories, nutrients and other dietary components when the nutrient analysis is conducted.

Example Showing Nutrient Analysis of Food Bars

A set of menus over a 1-week period using the NSMP menu planning option has been used for this example. The menus below indicate how many food items are offered which is important when implementing OVS. Each menu contains five menu items of which two may be declined under NSMP when OVS is implemented. The attachments of the nutrient analysis are explained after the menus are outlined.

9/8/97

Choose One

Taco Bar

Hamburger on a Bun

Choose up to Two

French Fries

Carrot Sticks

Lettuce & Tomato

Mixed Fruit

Choose up to One

Cherry Cobbler

Orange Rice Pudding

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/9/97

Choose One

Salad Bar

Chicken Stir Fry

Choose up to Two

Fried Rice

Mixed Vegetables

Peaches

Roll

Choose up to One

Royal Brownies

Oatmeal Raisin Cookies

Choose up to One

1% Chocolate Milk

1% Lowfat Milk

2% Lowfat Milk

9/10/97

Choose One

Baked Potato Bar
Chicken Fajitas

Choose up to Two

Mexicali Corn
Refried Beans
Lettuce & Tomato
Roll

Choose up to One

Apple Cobbler
Frozen Yogurt

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/11/97

Choose One

Pasta Bar
Nachos

Choose up to Two

Rolls
Pinto Beans
Lettuce & Tomato
Fresh Apples

Choose up to One

Peach Cobbler
Whole Wheat Sugar Cookies

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

9/12/97

Choose One

Sandwich Bar
Bean Burrito

Choose up to Two

Corn
Lettuce & Tomato
Applesauce
Fresh Pear

Choose up to One

Chocoleana Cake
Rice Pudding

Choose up to One

1% Chocolate Milk
1% Lowfat Milk
2% Lowfat Milk

ATTACHMENTS

Attachment A is a copy of the standardized recipes for each food bar and the calories and nutrients associated with each recipe.

Attachment B shows each menu item offered each day with the calories and nutrients listed for each menu item. It also shows the planned number of servings of each item for a weighted nutrient analysis. The menu summary is the last page of Attachment B and shows the nutrient analysis figures.

Attachment C shows a school week's worth of menus under the NSMP menu planning option with a different food bar featured each day. The food bar is offered as one of two entrees each day. Other menu items are offered and may be chosen by students who choose either of the entrees.

Questions & Answers Food Bars

1. If a food bar is offered as an entree under NSMP, are there certain food items that must be taken?

The food bar as a whole is the entree. Students may make their selections freely. However, we suggest that students be encouraged to choose the featured item on the food bar on any particular day. For example, if a baked potato bar is featured, the student should at least take a baked potato; if a taco bar is featured, the student should at least take a taco; etc. The remaining selections should be left to each student's discretion. The food bar offers variety and enables students to make food choices. Good judgment should be exercised at the point of service to determine if at a minimum the featured entree has been selected.

2. How does one determine the entree when it is on a salad bar?

It is up to the menu planner to determine what is the entree. The menu planner decides if the food bar as a whole is the entree or if one item on the food bar is the entree. There may be more than one item on the food bar identified as an entree. However, it is imperative that both students and cashiers know which items are entrees and the requirement that an entree must be taken in order for the meal to be reimbursable.

3. Is it acceptable to offer the food bar as an other menu item under NSMP, rather than as the entree?

Yes. The menu planner makes the determination as to how food items are defined on the menu (i.e., entree or another menu item). It is permissible to offer the food bar as an other menu item or as an entree.

01005 - Baked Potato Bar :
NUMBER OF PORTIONS: 75
SIZE OF PORTIONS: serving

POTATO BAKED, FLESH & SKIN.....	60 ea. 2.33"x4.75"
SWEETPOTATOES, BAKED W/SKIN.....	15 medium
SOUR CREAM.....	1 1/2 CUP
HIVES, FREEZE-DRIED.....	3/4 CUP
Chili.....	3/4 gallons
LETTUCE, ICEBERG, FRESH.....	1 LB + 8 OZ
TOMATOES, FRESH, RED RIPE.....	1 LB + 8 OZ
ITALSA, COMMODITY.....	1 LB + 8 OZ
BUTTER, W/SALT.....	12 OZ
ROCCOLI, FRESH, RAW.....	3 LB
CHEESE, CHEDDAR, AMERICAN.....	2 LB + 4 OZ
Cinnamon/sugar.....	1/2 CUP + 2 1/2 TSP
SUGAR, BROWN.....	1/2 CUP, unpacked + 2 1/2 TSP, unpacked

INSTRUCTIONS:

NUTRIENTS: Per serving										49.6
Calories....	363									53.47
Cholesterol.	38	Mg	Iron.....	3.43	Mg	Protein.....	12.15	G		13.39%
Sodium.....	262	Mg	Calcium.....	171	Mg	Carbohydrate	52.60	G	PERCENT OF	57.93%
Fiber.....	5.86	G	Vitamin A...	655	RE	Total Fat...	12.42	G	CALORIES FROM	30.79%
			Vitamin C...	49.8	Mg	Saturated Fat	7.23	G		17.93%
- Denotes Missing Nutrient Values.										

06 - Pasta Bar :
 NUMBER OF PORTIONS: 125
 SIZE OF PORTIONS: serving

SPAGHETTI, ENRICHED, COOKED, WO/SALT.....	4 LB, dry wgt	+	6 OZ, dry wgt
NOODLES, EGG, SPINACH, COOKED, ENRICHED.....	2 LB, dry wgt	+	8 OZ, dry wgt
NOODLES, EGG, COOKED, ENRICHED.....	2 LB, raw wgt	+	8 OZ, raw wgt
MACARONI, COOKED, ENRICHED.....	1 LB, dry wgt	+	4 OZ, dry wgt
SPAGHETTI SAUCE, CANNED.....	3 3/4 #10 CAN		
BUTTER, W/SALT.....	1 LB	+	4 OZ
CHEESE, MOZZARELLA, PART SKIM.....	2 LB	+	8 OZ
CHEESE, PARMESAN, GRATED.....	1 LB	+	4 OZ
BROCCOLI, FRZ, CHOPPED, BOILED, DRAINED, W/SALT...	5 LB		
CARROTS, FRESH, RAW.....	3 3/4 CUP, grated		
MUSHROOMS, CANNED, DRAINED.....	2 LB	+	8 OZ
OLIVES, RIPE, CANNED (SML-EX LRG).....	1 LB	+	4 OZ

INSTRUCTIONS:

ENTS: Per serving

Calories....	351		Iron.....	2.65	Mg	Protein.....	12.40	G		-> Protein.....	14.11%
Cholesterol.	40	Mg	Calcium.....	175	Mg	Carbohydrate	48.36	G	PERCENT OF	-> Carbohydrates	55.06%
Sodium.....	731	Mg	Vitamin A...	299	RE	Total Fat...	12.57	G	CALORIES FROM	-> Total Fat....	32.19%
Fiber.....	5.99	G	Vitamin C...	17.4	Mg	Saturated Fat	5.01	G		-> Saturated Fat	12.84%

01007 - Sandwich Bar :
 NUMBER OF PORTIONS: 75
 SIZE OF PORTIONS: serving

TURKEY ROAST, FROZEN, LT&DK MEAT, ROASTED.....	9 LB		
BEEF, CURED, PASTRAMI.....	12 OZ		
HAM, DELI, 95% FAT-FREE.....	4 LB	+	8 OZ
CHEESE, CHEDDAR, RED FAT-COMMOD.....	1 LB	+	8 OZ
CHEESE, SWISS.....	1 LB	+	8 OZ
LETTUCE, ICEBERG, FRESH.....	3 LB		
TOMATOES, FRESH, RED RIPE.....	3 LB	+	12 OZ
ONIONS, RED, RAW.....	1 LB	+	8 OZ
PEPPERS, SWT, GREEN, RAW.....	1 LB	+	8 OZ
PEPPERS, SWT, RED, RAW.....	1 LB	+	8 OZ
CUCUMBER, NOT PARED, RAW.....	1 LB	+	8 OZ
CARROTS, FRESH, RAW.....	1 LB	+	8 OZ
MAYONNAISE.....	3 CUP		
MUSTARD YELLOW PREPARED.....	6 CUP		
BREAD WHOLE-WHEAT.....	2 LB	+	4 OZ
BREAD WHITE.....	5 LB	+	4 OZ
BREAD, CRACKED-WHEAT.....	12 OZ		
ROLLS, FRENCH.....	1 LB	+	8 OZ
BREAD, RYE.....	12 OZ		

INSTRUCTIONS:

NUTRIENTS: Per serving

Calories.... 460	Iron..... 3.91 Mg	Protein..... 29.98 G				
Cholesterol. 64 Mg	Calcium..... 261 Mg	Carbohydrate 39.55 G			PERCENT OF	-> Protein..... 26.03%
Sodium..... 1553 Mg	Vitamin A... 383 RE	Total Fat... 20.44 G			CALORIES FROM	-> Carbohydrates 34.35%
Fiber..... 4.01 G	Vitamin C... 32.4 Mg	Saturated Fat 5.97 G				-> Total Fat.... 39.94%
						-> Saturated Fat 11.68%

* - Denotes Missing Nutrient Values.

PAGE # 1

USDA/FCS/MPRO

Back to School - grades 9-12

10-08-1997

C /97 thru 09/12/97

Report Name	Portion Size	Plan Qty	Mg Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	G S-Fat
MONDAY - 09/08/97														
Taco Bar	serving	100	401	58	422	6.61	3.87	217.18	184	12.33	19.10	29.77	23.83	8.90
HAMBURGER ON A BUN	SERVING	100	288	55	285	1.16	2.59	66.22	0	0.00	18.04	21.63	13.72	5.04
French Fries, oven heat, cups	.5 CUP	100	134	0	178	2.14	0.83	5.36	0	6.76	2.12	20.90	5.06	0.84
CARROT STICKS	.5 CUP	50	37	0	30	2.63	0.44	23.72	2472	8.17	0.90	8.91	0.16	0.02
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	50	7	0	4	0.55	0.21	5.03	21	5.47	0.41	1.56	0.12	0.01
MIXED FRUIT: frozen, sweetened	.5 CUP	100	122	0	3	2.37	0.35	8.75	40	93.75	1.78	30.29	0.22	0.03
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
CHERRY COBBLER	SERVINGS	150	246	0	51	2.08	1.19	18.41	15	3.22	2.14	48.43	5.80	1.65
MAYONNAISE	svg	25	32	2	26	0.00	0.02	0.82	3	0.00	0.05	0.12	3.65	0.39
MUSTARD YELLOW PREPARED	svg	50	3	0	62	0.05	0.10	4.20	0	0.00	0.24	0.32	0.22	0.01
CATSUP	2 tbsps	75	31	0	355	0.39	0.20	5.70	30	4.52	0.44	8.20	0.12	0.01
ORANGE RICE PUDDING	.5 CUP	50	199	4	33	0.68	1.34	84.95	33	2.19	4.07	42.42	1.34	0.75
DAILY AVERAGE			200	875	65	791	9.77	5.79	469.20	906	66.72	31.39	125.93	29.23
% OF CALORIES											14.32%	57.52%	30.06%	10.75%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			104%				129%	117%	302%	348%	188%			
Shortfall from RDA's													*OVER*	*OVER*
TUESDAY - 09/09/97														
Salad Bar	serving	110	282	39	525	5.14	2.09	294.93	1148	53.92	16.68	22.22	15.30	7.65
CORN STIR FRY	7 OUNCES	90	230	55	463	3.36	1.62	52.92	1517	53.21	23.25	13.19	9.57	1.91
Rice/lower sodium	.5 CUP	90	229	159	734	1.86	2.44	54.92	84	3.33	9.03	34.50	5.75	1.55
VEGETABLES: frozen, boiled	.5 CUP	125	53	0	31	4.00	0.74	22.75	389	2.91	2.60	11.91	0.14	0.02
PEANUT BUTTER, CANNED, HEAVY SYRUP	.5 CUP	75	48	0	3	0.85	0.17	1.96	21	1.83	0.30	13.06	0.06	0.00
ROLLS, WHEAT: scratch (Yeast)	EACH 2 oz.	110	171	0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
ROYAL BROWNIES	1 PIECE	25	137	0	111	1.49	0.94	22.91	0	0.19	2.28	25.48	3.84	0.84
OATMEAL RAISIN COOKIES (NEW)	1 COOKIE	175	188	19	122	1.79	1.13	18.85	55	0.37	3.56	33.35	5.06	0.93
DAILY AVERAGE			200	829	143	1269	12.14	5.96	537.79	1791	60.25	39.25	116.29	25.21
% OF CALORIES											18.92%	56.08%	27.36%	9.34%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				132%	134%	597%	314%	235%			
Shortfall from RDA's			17											
WEDNESDAY - 09/10/97														
Baked Potato Bar	serving	75	363	38	262	5.86	3.43	171.56	655	49.88	12.15	52.60	12.42	7.23
ROLLS, WHEAT: scratch (Yeast)	EACH 1 oz.	75	85	0	145	1.32	0.78	16.19	0	0.06	2.49	14.52	2.17	0.32
CHICKEN FAJITAS	1 FAJITA	125	357	54	276	2.33	2.37	64.44	40	8.13	23.89	34.58	13.79	2.55
MEXICALI CORN/lower fat	.5 CUP	150	79	2	13	2.12	0.47	6.13	36	12.76	2.48	16.88	1.57	0.67
REFRIED BEANS: canned	.5 CUP	125	118	10	377	6.69	2.09	44.24	0	7.58	6.94	19.63	1.60	0.59
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
APPLE COBBLER	SERVINGS	150	216	0	50	2.10	0.78	7.65	5	0.44	1.25	40.45	6.29	1.75
FROZEN YOGURT, VANILLA, SOFT	.5 CUP	150	57	0	31	0.00	0.10	51.48	20	0.28	1.44	8.71	2.02	1.23

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09/08/97 thru 09/12/97

Recipe Name	Portion Size	Plan Qty	Mg Cals	Mg Chol	Mg Sodm	G Fiber	Mg Iron	Mg Calc	RE Vit-A	Mg Vit-C	G Prot	G Carb	G T-Fat	Sat
WEDNESDAY - 09/10/97 (continued)														
DAILY AVERAGE		200	873	64	773	12.61	5.93	463.42	464	43.12	36.46	131.07	25.04	9.09
% OF CALORIES											16.68%	60.00%	25.83%	9.36%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			103%				132%	116%	155%	225%	218%			

THURSDAY - 09/11/97

Pasta Bar	serving	125	351	40	731	5.99	2.65	175.75	299	17.43	12.40	48.36	12.57	5.01
ROLLS, WHEAT: scratch(Yeast)	EACH 2 oz.	125	171	0	291	2.64	1.56	32.39	0	0.12	4.97	29.05	4.33	0.64
Nachos with Ground Beef/Lean	SERVINGS	75	303	57	581	1.77	1.51	252.81	141	1.23	15.82	15.28	20.12	9.39
PINTO BEANS: cooked	.5 CUP	75	116	0	1	7.29	2.21	40.70	0	1.78	6.96	21.75	0.44	0.09
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
APPLES, Fresh	1 EACH	150	81	0	0	3.72	0.24	9.66	6	7.86	0.26	21.04	0.50	0.08
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
PEACH COBBLER	SERVINGS	75	200	0	53	1.87	0.93	5.48	42	2.92	1.61	37.48	5.82	1.66
WHOLE WHEAT SUGAR COOKIES	1 COOKIE	75	173	14	207	2.09	0.78	29.74	75	0.06	2.81	28.22	6.18	1.08
DAILY AVERAGE		200	827	60	1095	14.18	5.40	536.74	436	23.58	29.07	125.19	25.69	9.73
% OF CALORIES											14.04%	60.52%	27.90%	10.58%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				120%	134%	146%	123%	174%			
Shortfall from RDA's			19											

FRIDAY - 09/12/97

Sandwich Bar	serving	75	460	64	1553	4.01	3.91	261.30	383	32.42	29.98	39.55	20.44	5.97
BURRITO, BEAN	1 EACH	125	305	30	461	5.75	3.22	283.59	150	8.35	14.47	34.67	12.55	6.55
CORN: frozen, yellow	.5 CUP	125	65	0	4	1.96	0.28	3.28	18	2.54	2.26	16.04	0.36	0.05
Lettuce & Tomato	svg	50	11	0	5	0.68	0.26	4.86	31	8.95	0.51	2.33	0.18	0.02
APPLESAUCE, W/CINNAMON	.5 CUP	175	97	0	35	1.68	0.55	8.63	1	2.25	0.24	25.62	0.24	0.04
PEARS, FRESH	1 EACH	25	97	0	0	3.98	0.41	18.26	3	6.64	0.65	25.08	0.66	0.03
MILK, 1% Chocolate	HALF PINT	150	157	7	151	1.25	0.60	286.75	147	2.32	8.10	26.10	2.50	1.54
MILK, 1% Lowfat	HALF PINT	30	102	9	123	0.00	0.12	300.12	144	2.36	8.03	11.66	2.59	1.61
MILK, 2% Lowfat	HALF PINT	10	121	18	121	0.00	0.12	296.70	139	2.31	8.13	11.71	4.68	2.91
CHOCOLEANA CAKE	1 PIECE	150	185	0	245	1.44	1.18	73.05	0	2.05	3.78	33.28	4.95	1.02
RICE PUDDING	#12 SCOOP	50	177	35	369	0.56	1.16	87.08	51	0.77	5.18	36.43	1.15	0.38
DAILY AVERAGE		200	828	60	1320	10.64	5.91	639.81	411	27.95	33.94	128.64	22.55	8.82
% OF CALORIES											16.40%	62.12%	24.48%	9.58%
RDA's			846				4.50	400.00	300	19.18	16.70		30.00%	10.00%
% of RDA Satisfied			98%				132%	160%	137%	146%	203%			
Shortfall from RDA's			18											

COMPLETE MENU AVERAGE		847	78	1050	11.87	5.80	529.39	802	44.32	34.02	125.42	25.54	9.34
% OF CALORIES										16.08%	59.24%	27.18%	9.93%

MENU SUMMARY - 09/08/97 thru 09/12/97

Nutrient	Menu Average	Target	% of Target	Missing Data	Shortfall (if any)	Error Messages (if any)
Calories	847	846	100%			
Cholesterol (Mg)	78					
Sodium (Mg)	1050					
Fiber (G)	11.87					
Iron (Mg)	5.80	4.50	129%			
Calcium (Mg)	529.39	400.00	132%			
Vitamin A (RE)	802	300	267%			
Vitamin C (Mg)	44.32	19.18	231%			
Protein (G)	34.02	16.70	204%			

Nutrient	Menu Average	% of Calories	Target	Missing Data	Error Messages (if any)
Protein (G)	34.02	16.08%			
Carbohydrate (G)	125.42	59.24%			
Total Fat (G)	25.54	27.18%	30% or less		
Saturated Fat (G)	9.34	9.93%	10% or less		

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(1/3 RDA) : Grades 9 - 12

10-08-199

MONDAY - 09/08/97	TUESDAY - 09/09/97	WEDNESDAY - 09/10/97	THURSDAY - 09/11/97	FRIDAY - 09/12/97
Taco Bar	Salad Bar	Baked Potato Bar	Pasta Bar	Sandwich Bar
HAMBURGER ON A BUN	CHICKEN STIR FRY	ROLLS,WHEAT: scratch(Yea	ROLLS,WHEAT: scratch(Yea	BURRITO, BEAN
French Fries, oven heat,	Fried Rice/lower sodium	CHICKEN FAJITAS	Nachos with Ground Beef/	CORN: frozen, yellow
CARROT STICKS	MIXED VEGETABLES:frozen,	MEXICALI CORN/lower fat	PINTO BEANS: cooked	Lettuce & Tomato
LETTUCE & TOMATO	PEACHES,CANNED,HEAVY SYR	REFRIED BEANS: canned	Lettuce & Tomato	APPLESAUCE,W/CINNAMON
MIXED FRUIT: frozen,swee	ROLLS,WHEAT: scratch(Yea	Lettuce & Tomato	APPLES,Fresh	PEARS,FRESH
MILK,1% Chocolate	MILK,1% Chocolate	MILK,1% Chocolate	MILK,1% Chocolate	MILK,1% Chocolate
MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat	MILK,1% Lowfat
MILK,2% Lowfat	MILK,2% Lowfat	MILK,2% Lowfat	MILK,2% Lowfat	MILK,2% Lowfat
CHERRY COBBLER	ROYAL BROWNIES	APPLE COBBLER	PEACH COBBLER	CHOCOLEANA CAKE
MAYONNAISE	OATMEAL RAISIN COOKIES (FROZEN YOGURT,VANILLA,SO	WHOLE WHEAT SUGAR COOKIE	RICE PUDDING
MUSTARD YELLOW PREPARED				
CATSUP				
ORANGE RICE PUDDING				
Target	Target	Target	Target	Target

Average	Target	% of	Average	% of
		Calories		Calories
